



Sweet and Spicy Pumpkinseeds

INGREDIENTS

- 1 cup unsalted pumpkinseed kernels
- 1 tablespoon canola oil
- 1 teaspoon sugar
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chipotle chile powder
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground cinnamon
- Dash of ground red pepper

DIRECTIONS & NOTES

1. Place 1 cup pumpkinseeds in a large skillet over medium heat. Cook for 4 minutes or until toasted, stirring constantly (seeds will pop slightly).
2. Combine canola oil and remaining ingredients in a large bowl; add seeds, tossing to coat. Arrange seeds in a single layer on a paper towel-lined baking sheet. Cool 10 minutes

Cook:

4 min

Cool:

10 min

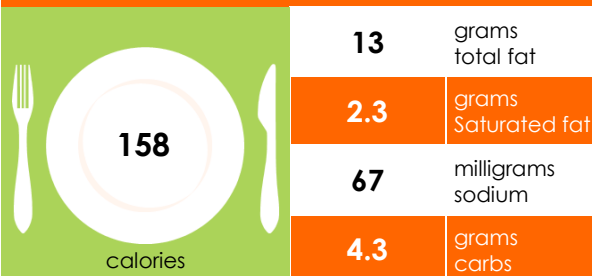
Servings:

8

Serving Size

2 TBS

Nutrition Report Card





Working On Wellness (WOW) Recipe Card



Citrus Cranberry Relish

INGREDIENTS

- 1 bag (12 ounces) cranberries
- 1 medium apple
- 1 thin-skinned orange
- 1/2 cup sugar
- 1/8 teaspoon ground ginger

DIRECTIONS & NOTES

1. Place the cranberries in a colander. Rinse well with cold water. Discard any soft cranberries. Place the cranberries in a food processor.
2. Core the apple and cut into chunks. Add to the food processor. Cut the orange, including the peel, into chunks. Add to the food processor. Process, scraping down the bowl once or twice, until finely chopped.
3. Transfer to a medium bowl. Add the sugar and ginger and stir well. Let stand for at least 15 minutes. Stir again before serving.

Prep:

20 min

Cook:

0 min

Servings:

10

Nutrition Report Card

	.1	grams total fat
	0	grams Saturated fat
	1	milligrams sodium
	18.9	grams carbs

252.4

calories







Mixed Berry Cobbler

INGREDIENTS

BERRIES:

- 1/4 cup brown sugar
- 1 1/2 tablespoons cornstarch
- 4 cups (about 1 1/4 pounds) frozen mixed berries, thawed

CRUST:

- 3/4 cup stone-ground cornmeal
- 2 tablespoons whole wheat pastry flour
- 1 1/2 tablespoons brown sugar
- 1 1/2 teaspoons baking powder
- salt
- 2 1/2 tablespoons cold better butter or trans-fat free spread, cut into chunks
- 1/3 cup fat-free milk

DIRECTIONS & NOTES

1. Preheat the oven to 350°F. Coat an 8" x 8" baking dish with vegetable oil spray. Set aside.
2. To prepare the berries: In a mixing bowl, combine the sugar and the cornstarch. Stir to mix. Add the berries. Toss to combine. Transfer to the baking dish. Wipe the bowl clean with a paper towel.
3. To prepare the crust: In the bowl, combine the cornmeal, flour, sugar, baking powder, and salt. Stir with a fork or pastry blender. Add the Better Butter or spread. Cut into the dry ingredients until the pieces are the size of peas. Add the milk and stir quickly just to moisten. Dollop over the berries, leaving some bare patches.
4. Bake for about 40 minutes, or until the topping is golden and the fruit is bubbling. Let stand for 10 minutes before serving.

Prep:

10 min


Cook:

40 min

Servings:

6

Nutrition Report Card

	4.5	grams total fat
	1.2	grams Saturated fat
	175.5	milligrams sodium
	34.5	grams carbs



Shrimp Stuffed Flounder

INGREDIENTS

- 1 tablespoon olive oil
- 1/2 pound peeled and deveined shrimp, cut up
- 1/2 teaspoon minced garlic
- 1/2 cup unseasoned dried bread crumbs
- 2 tablespoons grated Parmesan cheese
- 1 pound flounder fillets
- 1/4 cup white wine or nonalcoholic white wine
- 1/2 tablespoon parsley

DIRECTIONS & NOTES

1. Preheat the oven to 350°F.
2. Heat the oil in a large skillet over medium-high heat. Add the shrimp and garlic and cook, stirring frequently, for 5 minutes, or until the shrimp is opaque. Remove to a large bowl. Add the bread crumbs and cheese and stir to combine.
3. Place the flounder on a work surface. Evenly divide the shrimp mixture among the fillets, spreading almost to the edge. Roll the fillets from a short end to enclose the filling. Secure with wooden picks. Place the rolls in a 13" x 9" baking dish. Pour the wine into the dish. Sprinkle with the parsley.
4. Bake for 15 minutes, or until the fish flakes easily.

Prep:

15 min

Cook:

22 min

Servings:

4

Nutrition Report Card

